

Meditation

Really, the art of quieting the mind of the endless chatter of our outer self, or ego, and truly *listening* to the God source within where all that is asked, is given. How do we stop the chatter? Not as easy as one would think as our egoic self always wants to be in control and protect itself. Chanting (repeating a phrase) is a means to distract the mind and furnish a focus, or altered state to be receptive. Also, soothing music that has a vibration that resonates a sense of peace, helps calm the mind to be receptive. Chanting “Om” (God) has been in practice for thousands of years and is often used.

The whole idea and practice of meditation, has been an integral part of traditions in religions or philosophies for thousands of years. Mankind has, and always will, seek a more finite route to feel at peace within and connectivity to the God source, Universe, Creator, or any number of labels through all languages.

All of our physical and many of our psychic senses come to fore as we become open to listening, seeing, sensing, the answer to our prayers (asking). Or, just being attentive to guidance from The Source and loving angels and spirit guides with us, for messages pertaining our present and future moments.

The more sensitive we become to our higher facilities, life’s opportunities are handled with grace rather than reactions. Try a single candle as a focus point, Yoga (discipline of mind/body), or music designed for meditation.

Great meditations begin with sitting upright in a comfortable chair and feet flat on the floor with hands on your thighs facing upwards (there are Yoga positions as well). Visualize The White Light of God to enfold your entire body for his love and protection, then take some deep breaths in through your nose and out through your mouth (think or say God as you do this). Flex your joints and allow your body to relax. Focus your attention on your feet and visualize a colored light of your choice (perhaps green for healing or white light) to permeate every part, organ of your body as you move from your feet upwards. As you do so, feel the universal energy pulsate through each breath of peace and harmony infusing into your being. When you sense your session is complete, open your eyes and count backwards from three to slowly acclimate yourself to the physical world. Practice often and become the radiant being that you are!

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